



Virginia Green Outdoors & Sports



Aikido in Fredericksburg Spotsylvania, VA



Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. **Virginia Green** has established "core activities" specific to each sector of tourism, and these practices are considered the required minimum for participation in the program. However, **Virginia Green** encourages its participants to reduce their environmental impacts in all aspects of their operations, and this profile provides a full list of all their "green" activities. These are the activities that guests / customers can expect to find when they visit this facility.

Aikido in Fredericksburg

Aikido in Fredericksburg is a martial art dojo dedicated to Aikido. Aikido is a nonviolent martial art that focuses on self-defense, personal growth, and conflict resolution skills.

The program at Aikido in Fredericksburg is modeled after the Iwama Dojo in Japan, which emphasizes environmental stewardship, appreciation of the outdoors, and connection with the natural world, in addition to martial arts training. Therefore, the dojo facility was designed using Low-impact Development, which minimizes negative impacts on the environment and provides opportunities to observe and interact with our natural surroundings.

Volunteers include Master Gardeners, Master Naturalists, and degreed environmentalists. Sustainability is part of who we are and what we do.

Virginia Green Activities

This facility pledges that they:

Recycle.

- Glass bottles
- Cardboard
- Plastic bottles
- Aluminum cans
- Steel cans
- Newspapers

- Office paper
- Printer/copy machine toner cartridges
- Fluorescent lamps (may be required by law)
- Batteries (may be required by law for NiCad and Lead-Acid)
- Electronics equipment - computers, etc. (may be required law)
- Please identify your recycling vendor(s) or service (the company and/or local government that collects your recyclables) (*required for Virginia Green*): _____ Spotsylvania County, Staples

Minimize the use of disposable food service products.

- Do not use any

Reduce solid waste.

- Track overall solid waste costs (*required for Virginia Green*)
- Have a numeric goal to reduce overall materials that go to the landfill

Kitchen (or during meetings/events)

- Recycle fryer grease
- Donate excess food from events
- Compost food waste and other biodegradable items
- Have an effective food inventory control system to minimize waste

Dining room (or during meetings/events)

- Use non-bleached napkins and coffee filters
- Provide condiments, cream and sugar, etc. in bulk
- Use water pitchers to minimize the use of single-use bottles

Restrooms

- Use bulk soap dispensers in public restrooms
- Purchase recycled-content paper-towels and toilet paper

Office

- Remove facility and staff names from junk mail lists when possible
- Reuse scrap paper for notes
- Reuse or donate shipping and packing supplies (peanuts, bubble wrap, etc.)
- Use refillable pens and toner cartridges
- Purchase recycled paper with a high-percentage recycled content
- Make double-sided photocopies and avoid making extra photocopies
- Use electronic correspondence and forms when possible

Buildings and grounds

- Use green cleaning products that are dispensed in bulk
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- Install carpet with sustainable or recycled content and low-VOC adhesives
- Use reused building materials or those from sustainable sources
- Use latex, low or no-VOC paints
- Re-use paint thinners
- Properly recycle and/or dispose of thinners and solvents (required by law)

- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use integrated pest management (IPM)
- Minimize use of pesticides and herbicides in landscaping

Use water efficiently.

- Track overall water usage and wastewater costs (*required for Virginia Green*)
- Have established a numeric goal to reduce water consumption over time

Activities indoors

- Perform preventative maintenance to stop drips and leaks
- Use water-flow metering to discover leaks and areas of high use
 - High efficiency dishwashers
 - Low flow faucets and showerheads (use less than 2.5 gallons per minute)
 - Low flow toilets (use 1.6 gallons per flush or less)
 - Waterless urinals
 - Automatic faucets or toilets in public restrooms
- Use microfiber technology mops

Activities outdoors

- Have an effective landscape management plan that includes one or more of the following:
 - Utilizes native species
 - Utilizes metering and rain gauges
 - Minimizes lawn areas
- Have an effective stormwater management plan that includes one or more of the following:
 - Rain gardens
 - Minimization of impervious areas (paving, concrete, etc.)
 - Pervious pavement
- Have installed a green roof
- Have installed rain barrels
- Have installed drip line irrigation
- Maintain vegetative buffers around streams and ponds
- Use a nutrient management plan that minimizes the use of fertilizers

Conserve energy.

- Track overall energy bills (*required for Virginia Green*)
- Have individual thermostats for each room; ensure they are correctly adjusted
- Have installed ceiling fans
- Regularly perform preventative maintenance on HVAC system
- Have installed a high efficiency HVAC system
- Keep office doors and windows closed if HVAC system is on
- Use natural lighting

Source of energy

- Use lighting sensors to turn on/off lights

- Use occupancy sensors to turn on/off lights
 - Have adopted a policy/practice to turn off lights in unoccupied rooms
 - Have installed high efficiency fluorescent ballasts and lamps (T-5 and T-8)
 - Have installed LED Exit Signs
 - Have installed directional (downward-facing) lighting in parking areas and other outdoor areas
 - Have adopted a policy/practice to minimize the use of lighting during night cleaning
- Appliances and electronic devices
- Use ENERGY STAR qualified appliances (commercial kitchens, heating and cooling, consumer electronics)
 - Use ENERGY STAR qualified office equipment (computers, monitors, copiers, printers, etc.)
 - Have adopted a policy/practice to turn off fans, computers, monitors and other devices in unoccupied rooms at the end of the workday or when otherwise not being used
 - Use alternative fuel, hybrid-electric, or electric vehicles
- Source of energy
- Other actions taken related to energy conservation & efficiency: Building should be able to qualify for LEED Silver

Offer a green events package

- Include the availability of "green meetings / conferences" in marketing packages (see the factsheet on Environmentally - Responsible Conferences and Events)



For more information on **Aikido in Fredericksburg**, see www.aikidoinn.com or contact Sabine Dibowski at sabine@aikidoinn.com or 540-582-9600.

For more information on the Virginia Green program, see www.deq.state.va.us/Programs/PollutionPrevention/VirginiaGreen.aspx.



Virginia Green is a partnership supported by the Virginia Department of Environmental Quality, the Virginia Hospitality & Tourism Association, and the Virginia Tourism Corporation.

